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THE DR. HAROLD S. TREFRY CENTRE

It lives up to its name and its heritage!

LET'S FACE IT. Anything that bears the name of Dr. Harold Scott Trefry – one of the Island's dearest and most loved benefactors – has a great deal of pressure and responsibility for doing things right. It had better do a lot for the community, and do it well!

'Doc' would be proud to see what's been done – and being done - in his name. Since 1994, the Dr. Harold S. Trefry Centre has been there to serve the needs of Seniors and the Disabled throughout St. Joseph Island and the North Shore communities. Its area of operation is close to that of Matthews Memorial Hospital – and that covers a lot of ground!

Tammy Moore felt very nervous about stepping into the Program Coordinator's position last year. Although she has worked at the Centre since May 2003 as a contract assistant, and knew the workings of each program intimately, she had no experience in dealing with the Advisory Board and the Township on policy, planning and decision-making, nor with the North East Local Health Integration Network (LHIN) and the Ministry of Health & Long Term Care.

Today, Tammy is perhaps a little more relaxed about meeting her many challenges. She is actually enjoying being on such a steep learning curve. "I didn't know that!" has become one of her favourite phrases.

Her biggest concern, however, is that many people don't realize that they can take advantage of its many programs and benefits. "So many retired and 'approaching-retirement' people are moving to the area and many of them aren't aware of what the Centre does," she says. "Most people think we're just

about providing 'Seniors Services'. They don't know that there are so many activities to enjoy, at a small cost, or no cost at all!"

And there ARE many activities to enjoy! Take the Bridge group that meets Mondays from 1 pm to 5 pm to enjoy an afternoon of stimulating play. "It's strictly

non-competitive and open to all skill levels, including beginner. They don't even keep score!" she confides with a wink. Or the popular "Hens & Stitches" which is open to anyone interested in needle work, meeting new people, helping or getting help with their needlework and having a nice Friday morning's social time.

And the days in between are also packed with things to do! The first Tuesday of every month features a potluck lunch and social. The third Tuesday of every month features the 'Community Quilting' gathering (see last week's issue!).

You can take advantage of 'Wii Wednesdays', where you can compete with others at a variety of electronic games like Bowling, Tennis, Baseball or other fun games. The most

Continued on next page



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**Richards Landing Municipal Marina
Saturday, May 30th, 2009.**

10:00 am - 5:00 pm

Trefry Centre ... continued from page 1

popular game by far is Bowling, which gives you all the fun of the 'real thing', without the burden of handling the heavy bowling ball. Try it! It's fantastic! Play with the group, then show the kids and grandkids how it's done!

Want more? You can join a 'Sit Fit' session, which provides low impact exercise for every muscle in your body, without the stress of an aerobic workout. There are Seniors' Card Nights, where folks gather for a fun evening of a variety of card games, such as 500 or Crib. Or, in the winter, there's indoor walking at the Legion Hall.

There are also classes in basic computer skills and, of course, shuffleboard!

"Don't ever tell ME there's 'nothing to do around here'!" growls Tammy playfully.

But there's a serious side too. The Dr. Trefry Centre provides a much-needed, vital link for people to stay connected with the world at large, and is unique in the number of programs it offers.

The Adult Day Out program provides recreational, social and health-promoting activities with trained staff and volunteers, in a safe and caring environment. In addition to stimulating creativity through crafts, the Adult Day Out also promotes physical wellness through exercise and physical activity. It also features meals in the company of old and new friends. Adult Day Out is offered in two locations: Tuesdays at Bruce Mines, and Wednesdays and Thursdays in Richards Landing.

The last Tuesday of every month (except December) features the Diners Club held at the Legion Hall in Richards Landing. The festivities begin with a program or guest speaker at 11:30 am, with a family style dinner served at 12:30 pm. For only \$7.50 per person, you can enjoy an entrée, vegetable and dessert, plus enjoy good company, while being informed on upcoming events, activities or the topic of the day, which can be anything from bee-keeping to health-related issues. They've even been known to bring in musical entertainment!

Meals on Wheels delivers freshly prepared, hot, healthy meals directly to Seniors over 60, or someone suffering from a disability, illness or recovering from an accident, at a nominal cost of \$4.75 each. Volunteers handle all deliveries to an area from Echo Bay to Desbarats. "It's a sad fact that many Seniors - especially husbands who have lost their spouses - aren't getting proper nutrition," confides Tammy. "Malnutrition is a big concern, and it's so unnecessary!"

Is there someone YOU know who might not be getting proper nutrition in their diet? Think about giving them Meals on Wheels as a gift! Although the program is quite

Continued on next page

flexible in meeting its clients' needs, the 'average' service centres on meals delivered Mondays, Wednesdays and Fridays, between 12 pm and 1 pm by volunteers. Any special dietary need can be accommodated. If necessary, the Meals on Wheels volunteer can also pick up and deliver prescriptions or medical supplies from MacKay's Island Pharmacy. Arrangements can also be made for more than one meal a day, short term or long term.

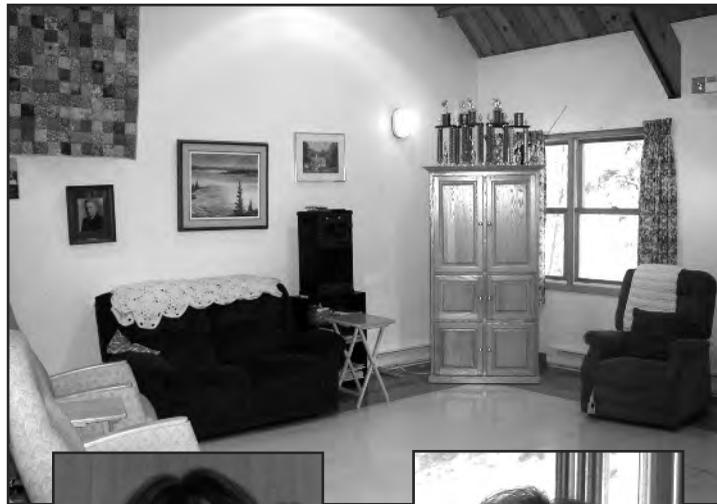
Another important benefit is suitably named 'Around the Home', a subsidy program whereby the Centre assists Seniors and Disabled Persons in finding people to do home maintenance, such as grass cutting, yardwork, snow removal or light housework. The cost of hiring such helpers is reimbursed, based on a sliding percentage scale. Helping someone maintain their home and their independence also reduces strain on our already over-burdened healthcare system.

The Centre helps in other ways too. A big one is Transportation. Seniors needing assistance in getting to and from Richards Landing, Bruce Mines or the Soo, whether for medical appointments, grocery shopping, banking or other occasions, have a source of friendly, helpful volunteers who will cheerfully pick them up, take them on their errand, and then return them back home. Some small fees, ranging from \$2 to \$8.50 depending on the destination, will apply. Whether needed on a temporary or a permanent basis, the Centre's volunteers are there, when friends and family can't be.

The Centre also maintains a Whirlpool Bath and Roll-in Shower, for individuals who are unable to use their own home's facilities, or who would benefit from the therapeutic effect of the whirlpool.

Marcy Clark, Registered Practical Nurse, of the Island's Landing Feet First clinic, makes herself available at the Centre, by appointment, to handle advanced nursing or diabetic foot care needs, at a nominal fee.

Anyone having a special function or party can even rent the Centre's fully-equipped main hall, at very attractive rates! And of course, there are also the Special Events, such as the annual Barbeque in June, the Fundraising Dinner and the Christmas specials.



Tammy Moore



Melinda Thomas

But perhaps the Centre's most important "program" is its ability and willingness to reach out to people – and to be reached out to by them! The Meals on Wheels volunteer is always a welcome sight, because they're also a friendly face dropping by. They can also spot a concern for someone's well-being, that may otherwise go unnoticed.

Most often, it's the day to day contact that matters most, especially to those who are living alone or are confined to their home. The Centre offers "Telephone Reassurance", a friendly voice to say hello, chat for a few minutes, see if there is anything they need, and to make sure that all is well. There are also "Friendly Visitors" – volunteers who will visit weekly, to

chat and make sure that everything and everyone are ok. So how does so much goodness flow out of one building in a small town on an island? It takes a LOT of people who care and can give something of themselves for others. The actual staff is small, consisting of Tammy, her assistant Melinda Thomas and the Centre's new Chef, Diane Huot. Tammy works with her Advisory Committee, whose members represent the Townships of St. Joseph, Hilton and Jocelyn, the Village of Hilton Beach, the North Shore, the St. Joseph Island Lions Club, Seniors Club # 290 and Royal Canadian Legion Branch 374. The Committee is Chaired by Barb Jackson and reports to St. Joseph Township Council.

What makes it all work? Tammy's answer comes quickly! "Our volunteers! More than 90% of everything we do is done by over 100 volunteers every year!" Our volunteers can pick and choose what activities they most enjoy, whether helping prepare meals in the kitchen, or offering transportation help. They can also choose how often they would like to help out. Some come in one day a week, others one day a month. It's all about their preferences – and every single one of them is a gift to us, and to those who rely on us!"

If you'd like to know more about the Dr. Trefry Centre, or you'd like to get involved, just call Tammy or Melinda at 246-0249 or email them at dr.trefrycentre@one-mail.on.ca.

The more you know about the Centre, the more sure you'll be that 'Doc' would approve!

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Island Insight

In Praise of Ray Stortini

I have been president of the St. Joseph Island Lions Club for the past three years. My term closes at the end of June. One of the biggest challenges during that time has been to try and keep our focus politically and socially correct while maintaining our motto of "WE SERVE."

The following are my personal views. I feel one of the failures during my tenure has been our inability to attract more new, young members to join this great organization, while a highlight would have to be meeting a man of true honesty, integrity and a dedication to his fellow citizens.

I have frequently disagreed with some of Ray Stortini's thoughts and ideas but his heart is always in the right place. You must admire his tireless work with the soup kitchen, food banks, the university and boards too many to mention. He is still always available to lend a hand whenever called upon. After being bull headed and stubborn enough to fight through a lot of resistance and opposition, on Saturday, May 30th Mr. Stortini will be dedicating his beautiful completed light-house to the community.

In a time when more and more are asking for a hand out, this building was completed at his own expense for all to enjoy. I believe that he should have the opportunity to experience his moment in the sun without his and your guests having to

step over supplies and materials that will detract from the event. If need be the storage of materials can begin after the opening is completed.

While the restaurant remains closed, boaters stay away, showers are unused and businesses are closed. Why not join him in celebrating on this occasion! I would suggest you let your local elected representatives know your feelings.

In closing, Ray, be proud and take that well deserved rest my friend.

Robert Kerr, Richards Landing

Protesting New Blended Tax

As a concerned taxpayer I feel it is important to have you all understand what the new HST or "blended tax" means to Ontarians. It amazes me that this announcement has slipped by without a ripple, and yet when I tell people about the impact to them they are all shocked.

If you're just catching up to this, there's an article about it at <http://www.digitaljournal.com/article/269917>

The intended purpose is to blend the GST and the PST into one tax. This will cut down the paperwork burden for Ontario businesses and, in theory, lessen staff by merging both departments. This could be a noble attempt to cut costs.

There is just one problem. Rather than

Continued on next page

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Published weekly by Heather & Brian Fox
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just blending the products and services that now charge both taxes, the provincial government has decided that it will apply this new tax to almost all goods and services that you do not pay PST on now!

You are about to become the victim of the largest tax hike in our history. How will this affect you? Let's start with just a few things that are to be charged the extra 8% and see if it will affect you or your family.

Gasoline. Home heating fuel. Water. Hydro. Used cars. Government and city services. Any service you now use for your home or business such as repairs, professional services of any kind, construction materials etc. These are just a few.

Actually almost everything currently without PST in your life - except children's clothing, prescriptions, diapers, and feminine hygiene products - will now cost you 8% more. Oh and here is a kicker. The fuel tax will slide with the increasing cost of that fuel.

Our premier is counting on taxpayers to do what they always do when a new tax is added. Nothing!

It is very important that you start to research and discuss this with your friends and family.

It is not too late to stop this if you are willing to do something. Send the Premier an email, asking him either to (a) stop the tax grab all together or (b) do what was originally intended and blend the tax on the products that now have both taxes and not to extend the new tax to everything else.

If you just sit there, remember you lose the right to complain about taxes ever again.

Get UP and start telling everyone about this injustice and we can stop this today. Don't think your email will not count. Most MP's get 10 emails, they consider it a catastrophe!

Send your objection to:

Dalton.McGuinty@premier.gov.on.ca or let your thoughts be known at this website:

<http://www.premier.gov.on.ca/feedback/feedback.asp>

"What do we live for if not to make life less difficult for each other?"

- George Eliot -

"If you can't be a good example, then you'll just have to be a horrible warning."

- Catherine Aird -

Carol Yost, St. Joseph Township

SHANIA TWANG SHOW & DANCE!

On Saturday, May 23, from 8 pm to midnight, Legion Branch 374 will be hosting a **full costume Tribute Show and Dance**, featuring the wonderful song stylings of 'Shania Twang'. Come out and enjoy her enjoyable and captivating repertoire of **Shania Twain** songs, and also featuring the music of **Stevie Nicks** and the **Blues Brothers!**

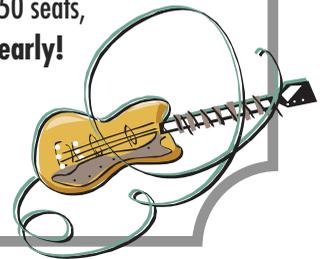
It will surely be a show to remember!
Snacks of popcorn, pretzels and potato chips will also be available.

Tickets are now on sale at \$10. each at Ambeault's Confectionary, Kent's Corners and the Legion Branch 374. But don't delay!

We can only guarantee 150 seats, so get your tickets early!



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or make up your own package	

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Ground Beef	\$25.
Roasting Chicken	\$15.
Pork Chops	\$15.
Sausage Italian Style	\$15.

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RECIPE CORNER



Gail Murdock's Rhubarb Bread

Oven: 325°F

Time: 50 - 60 min

Pan: two 9" x 5" x 3", greased

1 1/2 C. rhubarb, diced

1 C. sour milk

1 C. sugar

1 tsp. soda

1 C. brown sugar

1 tsp salt

2/3 C. oil

1 tsp. vanilla

1 egg

2 1/2 C. flour

Sprinkle sugar over rhubarb and let sit while making batter.

Mix the rest of ingredients thoroughly. Add sugared rhubarb and 1/2 C. nuts. Mix well. Pour into 2 pans. Sprinkle with topping and bake.

TOPPING

1/2 C. sugar

1 tsp. cinnamon

1 tbsp. butter

Mix with fork and sprinkle on batter.

Thanks Gail!



Mick and Paddy were walking home after a night on the beer when a severed head rolled along the ground.

Mick picked it up to his face and said to Paddy "Jez, that looks like Sean" to which Paddy replied "No, Sean was taller than that"

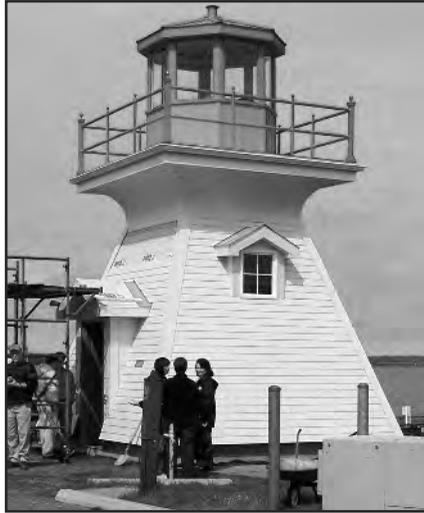
**For information on the St. Joseph Island
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www.purinawalkfordogguides.com**

Putting on the Finishing Touches!

THE NEW RICHARDS LANDING LIGHTHOUSE, overwhelmingly voted to be named the "Ray of Light" will be completed in time for its inauguration and dedication on May 30th.

Ray Stortini, the key patron of the Lighthouse project is very, very pleased. "This is a rare occasion, as there has not been a lighthouse built in decades. Most historical lighthouses are deteriorating from neglect, and are being replaced with steel poles. Local council heads, MP and MPPs, Coast Guards, etc. have all been invited to the event, as is the general public."

Let's all accept Ray's invitation! Be sure to take part on May 30th, with the Lions Club Bridge Walk, 'Marina Mania' and welcoming our newest landmark!



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Johnson Township Announces Summer Day Camp Program in July

DESBARATS — Johnson Township Recreation Committee is excited about its new **Summer Day Camp Program** planned for July. Registrations are now being accepted. The Day Camps will run every Tuesday, Wednesday and Thursday from 9 am to 3:45 pm for the last 3 weeks of July.

Children from the ages of **4 to 12** will have the opportunity to join in a program of sports and games as well as arts and crafts activities that include a weekly pottery class and show with Sandra Hodge, a nature art project presented by the Kensington Conservancy and a Geocaching presentation and a hike lead by the Voyageur Trail Association.

Field trips will occur every Thursday: **8 to 12 year olds** will go to RYTAC for canoeing, tennis and beach volleyball; **4 to 7 year olds** will take part in programs offered at several destinations including the Sault Ste Marie Gymnastics Club, the Ermatinger House, and the Spruce Haven Zoo. Many other initiatives are presently in the works.

Cost for the program is \$60/child, \$55/second child and \$50/ subsequent child for each week. Registration forms

and fee schedules are available at the Johnson Township Offices or by calling Pat O'Gorman at 782-6601, ext 205. Registration deadline is June 3, 2009. Registrants can sign up for all three weeks or for any part of the program.

Johnson Township is also presently taking resumé applications for **2 summer student job positions** for students who are ages 15 to 29 and who will be returning to school in September. The successful applicants will aid in the design and implementation of the Summer Day Camp program.

Johnson Township Summer Day Camp Program

Where: All programs begin at the Johnson Township Community Centre

When: Tuesday to Thursday, July 14-16, 21-23, 28-30

Who: Children from 4 to 13

Cost: \$60/child, \$55/second child and \$50/subsequent child

For more information, please call Pat O'Gorman, Recreation Coordinator, Township of Johnson. Phone: 705-782-6601 ext 205 Email: pjogorman@yahoo.com

A man runs into a dentist's surgery and shouts "you've got to help me, I think I'm a moth". The dentist said "but I'm a dentist, you need a psychiatrist"

"I know" said the moth man. "So why did you come in here?"

asked the dentist.

"The light was on".

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TEE TALK



Tuesday May 12th was the first night for Ladies League Golf at Island Spring Gold Resort. We had 14 ladies out and played a fun scramble. The League welcomes new ladies to come and join us for a fun evening of golf and social time. We meet at 4:30 at Island Springs and head out to golf at 5:00.

This week the results are:

50/50 Draw Grace Forbes
Closest Chip on #7 Grace Forbes
Longest Putt on # 4 Mavis Crawford

Team Payouts-Scramble:

Julie Stevens, Mavis Crawford, Judy Connell

May is Museum Month

From Mike Brown, MPP's Queens Park Report

May is Museum Month in Ontario, a time when we celebrate the important historical and cultural contributions made by museums here in Algoma-Manitoulin and elsewhere across the province.

It's a great time to remind ourselves how museums provide experiences that delight and educate – and connect us to our past and to our communities.

There are more than 400 community museums in this province, offering rich and varied experiences from heritage sites with costumed tour guides, to natural resources exhibits and cultural events showcasing local artisans.

Ontario's museums, archives, heritage sites and cultural events play a vital role in the life of our communities. They protect and honour our heritage and contribute to our local economy by attracting visitors.

I invite all of the communities in Algoma-Manitoulin to celebrate "May is Museum Month", now in its 10th year.

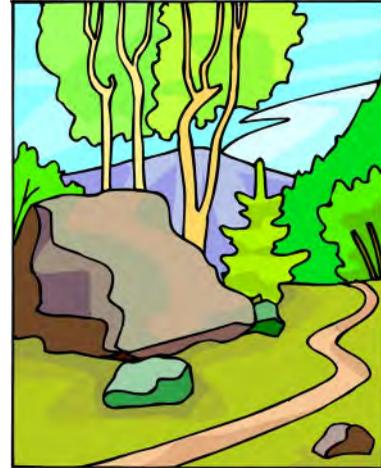
The best way to acknowledge the fine contribution our museums make to our community, of course, is to visit one. Knock on the door of an attraction or heritage site you may not have visited for awhile.

A wonderful experience awaits you.



A man walked into a psychiatrist's office, sat down, took out a pack of cigarettes. He removed a cigarette from the pack, unrolled it, and stuffed the tobacco up his nose. The shrink frowned and said, "I see you need my help!" The guy said, "Yeah Doc. Got a match!?"

THE MOUNTAIN MAPLE RUN/WALK



SUNDAY, MAY 24, 2009

Mountainview Centennial Grounds
Jocelyn Township, St. Joseph Island

There is a 5 km walk, 5 km run and 10 km run. Awards for top three finishers for both men and women in the 5km run and 10km run.

Door prizes for walkers and runners.

**For further information contact
Jocelyn Township at (705) 246-2025
(email jocelynt@soonet.ca)**

Registration forms are available at Athlete's Foot, Country Way, Jocelyn Township, Kentvale Merchants, Ambeault's Confectionary, Township of St. Joseph, Village of Hilton Beach and Kent's Corners



HOSTED BY THE JOCELYN RECREATION COMMITTEE

A VISIT FROM JACK AND TONY



IT WAS ALMOST THE RALLY that didn't happen. On Monday, the word spread like wildfire around the Island: Jack Layton, leader of the New Democrat Party and Tony Martin, Member of Parliament for our area, are coming to visit Matthews Memorial Hospital!

They were due to arrive at 2:00 pm Tuesday, and Islanders started mobilizing to greet our visitors in proper style, complete with signs and 'I Love Matthews Memorial Hospital' buttons. Then it got interesting! Depending on who you were talking to, the Rally was to happen at 2:00, which got changed to 1:15, then to 3:00, then back to 2:00.

While all this was happening, Jack Layton and Tony Martin's staffs seemed to know nothing about any visit to Matthew's being on the schedule. They WERE scheduled to meet with local Municipal officials at 3:00 pm, but nothing else. In the meantime, CTV's noon hour news reported that they WERE coming to visit the hospital, and ran the stock photos and video taken at the earlier, April 6th rally at MMH.

Somewhere, somehow, it all came together! Messers Layton and Martin apparently decided that, since the local residents were going to such trouble to greet them and show their con-



cern about saving our hospital, the least THEY could do was to arrive early for their meeting, meet the crowd and take a quick tour of the hospital.

When they drove up to the hospital, they were met by over 100 residents, who had been standing out in sporadic rain for close to an hour patiently awaiting their arrival. They

were greeted by Jocelyn Reeve Mark Henderson, who gave them each a litre of his maple syrup. Mr. Layton professed himself an "absolute addict" for maple syrup and vowed to return for more when it was gone.

Mr. Martin again reaffirmed his strong support of rural healthcare, and Matthews Memorial Hospital, and promised residents that he will continue sending our message to the federal and provincial governments, and especially to the federal Minister of Health. "We'll raise your profile even higher!" he asserted.

Mr. Layton was even more direct: "There have GOT to be other options! A government that can give over \$250 billion

in tax relief to big corporations and wealthy individuals, but can't find a little bit more money to help the Sault Area Hospital – or keep THIS hospital open - simply lacks the political will to do so!”

He compared our community in part to his own roots, growing up in a small community 40 km from the outlying suburbs of Montreal, which had a small medical clinic, but no hospital. He recalled one night as a child, when his father had what was thought to be a heart attack. His mother



put them all in the car, and drove “really, really fast” to the nearest hospital. He understands the issue and how it feels to not have emergency healthcare close by.

“This is about a life-saving situation, especially with your area’s aging population! The people who are the decision-makers don’t truly understand the issues. A ‘formula’

developed on University Avenue in Toronto, where there are 5 hospitals within a block, simply won’t work in a rural or northern setting!”

Both men assured the crowd of their total support, and their intent to renew their attempts to sway the Minister of Health to intervene if necessary to protect not only Matthews Memorial Hospital, but all rural health care. “This just doesn’t make sense! We’ll work with anybody, including the Minister of Health, to get things put right!”

After speaking individually with several residents, many of whom told their own stories of how MMH had saved THEIR lives, they then toured the hospital facilities, while the crowd waited quietly outside for their re-emergence. And, to put the icing on the cake, by the time they emerged from the hospital, the CTV camera crew had arrived! The presence of television

Continued on page 13



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PC DOCTOR



by George Skardis

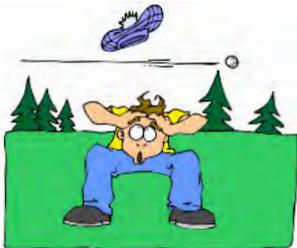
QUESTION: Something terrible has happened to my email. Several of my email contacts have received email messages that apparently originate from me but contain links to web sites that sell all manner of things. Have I been hijacked? What should I do?

ANSWER: You have been hijacked. Change your email password as quickly as possible and scan your computer thoroughly for malicious software. How can this happen? How can someone steal your email address and password? In one word: easily! It's difficult to remember different passwords; consequently, we try to keep the same password for all our Internet activities. This leaves a huge security breach.

Consider how many web sites require your email address as the sign-in name. OK, that's not bad; but, when this web site asks you to select a secret password, what would you most likely do? How often are you tempted to just reuse the same-old-same-old email password? Now, the web site has registered your email address and your not-so-secret email password. Now, here's the part that really hurts. A spammer or hacker uses your email address and correct password to log into your email via a web mail portal. Your personal computer is left untouched. While you sleep, Igor Pavlov gets on the Internet and signs into Hotmail, Bell email, or Gmail with your email address and password. Tomorrow your email contacts receive solicitations and various eye-opening offers. Consider yourself lucky if one of your email contacts promptly alerts you, the hijacked email account owner, that something is amiss. Immediately, change your email password and resolve never to use this very special password as a sign in password for other web sites. Hotmail, Bell email, and Gmail account holders are able to personally reset email passwords on-line without calling technical support. This is how to change your Hotmail or Bell email password. Sign into your Hotmail or Bell email account normally. Go to Options, More Option, and then click View and Edit Your Personal Information. Click on Change Password. Remember to click Save Changes. Sign out and try out your new email password. Do not use this password anywhere else because Igor can and will find out. Trust me on this folks. Gmail account holders go to Settings to reset email password. In a similar vein, we are all familiar with those silly secret questions: what was your mother's maiden name; what was your first pet's name; or what was your first car? The Canadian Privacy Commissioner is warning people not to hand out answers to these questions online while visiting web sites like Facebook or Twitter. This personal information might be used to hack into your online banking account if you use the same answers. Beware of identity theft.

Adults are just kids who owe money.

What's happening on Wednesday



INTRODUCTION TO GOLF

If you want to get a little more comfortable with the game of golf, sign up for our beginner's night.

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Sunday Breakfast Buffet 10 am to 2 pm



cameras quickly prompted the crowd to chant "Hey! Hey! What do you say! Matthews Hospital is here to stay!"

Before leaving, Mr. Layton commented "This is what rural and small town healthcare is all about. Lives have been saved here!" He reminded the crowd that the NDP party under Tommy Douglas had pioneered the concept of 'fair and equitable medical and health care for all'.

He thanked the residents for their fine welcome, and his closing words stuck a chord with everyone there: "Stay Strong! It's the community that makes you strong, and you have a strong community here. That's why you're going to WIN this battle!"

From your lips, to God's ear, Mr. Layton!

Note: Mr. Layton's Executive Assistant has assured the Island Clippings that we will be kept informed of the progress of their efforts on behalf of MMH and rural health care. We will report all such updates in the Clippings, as they become available.

ISLAND TOUCH THERAPEUTIC MASSAGE



Andrea Young, RMT
246-1433

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Hilton Community Centre

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1982 Maxim Yamaha Motorcycle in good running order, \$2600 OBO. Richards Lndg. Call 246-3720

1926 MODEL-T FORD, ready for body restoration, rebuilt engine, transmission and magneto. Spare rebuilt engine block included. No int. upholstery, but 95% of mechanical and body components present. \$4,500 OBO Richards Lndg. Ph. 246-3720

AM/FM Stereo System with Cassette Player Recorder. Needs speakers. Asking \$20 Call 246-2881

Box Trailer - single axle 6' w x 8' L with 4' sides and rear gate. Asking \$450.00. Call 246-2699

Hardy 3pt hitch backhoe extend a hoe with spare bucket \$4,000 and a 2001 Ford Taurus with 107k \$5,000 certified call 246-1687

Washer and Dryer for sale in good condition - \$100 or best offer. Please call after 6 pm. 246-0794

1957 Chev 3/4 to 1 Ton Tandem Dump Truck. Like new condition. Some minor interior left to do. MUST SEE! Serious inquiries only. Call 246-1841.

Cedar posts 8 ft & Cedar logs 8 ft. in various diameters, \$4. each and up. Call 246-1841.

2008 35 ft. Cherokee Travel Trailer with large slideout. Brand new condition. Has only travelled 20 miles and been stayed in only 4 nights! For more information or to arrange a viewing, call 246-2489.

Woman's 12 speed bicycle \$75. RCA 27" Television \$250. Large deck storage container \$50. All items like new. 246-1053.

ARTICLES WANTED

4 or 5 ft of Kitchen Cupboards. Tops. Please call 246-3518

Bar or small fridge in good working order. Please call 246-3518.

Looking for a double bed frame without a head or foot board in good condition. Please call 246-0188.

LOST & FOUND

A pair of lady's glasses (grayish frames) were left at the Coopers garage sale on Sat, May 16th and if anyone lost them they can contact us at 246-2634.

MISSING: Felicity has gone missing. She is a 11 year old, very beautiful tortoise shell coloured cat. Felicity never goes too far from home and I am very concerned for her safety, she is like a child to me. If anyone has seen her or knows of her whereabouts please call Laurel at 246-2881

MISCELLANEOUS

Young couple from Canada seeking reasonably priced semi long term (June-Sept) accommodation. Preferably in Richard's Landing area but anywhere is fine. Please contact me, Kelly Humphries at 613-432-8039 or by email kel8880@hotmail.com.

HELP WANTED: Lawn cutting services required. Please call 246-0697.

It's time for the annual Relay for Life. (June 19) Once again I will walk in loving memory of Joe, my Mom and Joe's sister Annie and his brother John and in honour of the many who continue to do battle with cancer. I would appreciate your support. You can make out a cheque payable to CANADIAN CANCER SOCIETY. (dated in June is fine) Drop it in the mail to me: Doreen Koprash Hilton Beach ON P0R1G0 or call and I'll pick it up. (unless you live more than 100 km away!) The

technologically gifted can access my page and pledge on line. Last year my pledges were the second highest of almost 1,000 participants thanks to your generosity. I really do appreciate your support. Doreen

Richards Landing Community Night Committee has a great deal for a not-for-profit organization. Rent a booth at Community Night. Fund raise for your group and help support Matthews Hospital! For more info contact Valerie at 246-1068

ANNOUNCEMENTS

Congratulations to Linda Lauzon who won the May Community Donation Jar Draw at Debbie's Hair Hut. A total of \$67.90 was raised and Linda has chosen the local Lions Club Foundation of Canada Dog Guides as the recipient. Linda gets a free haircut for being the winner-congratulations! Thanks to all who generously donated and helped our community out.

On May 23, 2009, RCL Branch 374 presents Shania Twang, Stevie Nix and the Blues Brothers. A full costume tribute show and dance. Doors open at 8:00 pm. Tickets will be available at Ambeault's, Kents Corner and the Legion. Tickets will also be available at the door if not sold out. Come on out and enjoy the music and dancing. For information call the Legion at 246-2494.

PLANT SALE PART II, Sat. May 23rd - 8 to 12. On the grounds of "The Green Oak Gallery" The Horticultural Society will have a variety of additional perennial plants for sale.

All Tribes Christian Camp will be having their annual Yard & Bake Sale on Saturday June 6 and Saturday June 13. If you would like to donate items for the sale or if you have items that need to be picked up, please call Marney at 246-1700 or Donna at 246-2011.

LIGHTHOUSE MEMORIAL Anyone who has lost an ancestor or relative by drowning in the waters around St. Joseph Island is invited to have a commemorative plaque placed on the Lighthouse (free). Please contact Ray Stortini at 246-2661 before May 30, 2009.

Annual Cemetery Cleanup The Anglican Parish would like to invite interested folks to help with the annual cleanup at the two Anglican cemeteries on St. Joseph Island. If you have family members buried at one of these locations this is your chance to visit the site and help ensure that it is well maintained. Bring a rake, a pair of gloves and a wheelbarrow if you like. Some light refreshments will be provided after the work is done. We hope to see you there. May 23rd 9 am at St. John's Church, Hilton Beach

St. Joseph Island United Church Pastoral Charge (Grace & Harmony - St. Mark's) will join the neighbouring United Churches for the Pentecost Celebration at Bruce Mines United Church in Bruce Mines on May 31, 2009 at 11am followed by cold potluck luncheon. THERE WILL NOT BE A WORSHIP SERVICE AT GRACE AND HARMONY - ST. MARK'S on May 31. Car pool available. Call church office 246-2578.

STRAWBERRY TEA to be held from 12 pm to 3 pm on June 14th at the Legion Hall in Richards Landing. Event sponsored by the Legion Ladies' Auxiliary, Branch 374. Soup, sandwich and strawberry dessert available for \$6.50. Everyone is welcome!

JOHNSON TOWNSHIP SPRING ART SHOW - Thursday, May 31, 1 pm to 5 pm, Johnson Township Community Centre, Desbarats. Hosted by the Johnson Tarbutt Art Group and celebrating the work of local artists. Free Admission. Reception and refreshments during afternoon. Info: Pat at 782-6601 x 205.

The 8th annual **Mountain Maple Run/Walk** Sunday, May 24, 2009 at 10:00 am, at the Mountain View Centennial Grounds. Come enjoy a 5km walk on our beautiful trails or you can choose the 5km or 10km run, followed by great cookies and prizes. There is a reduced fee until May 22 or you can register on the 24th at the Jocelyn Township office. Registration forms can be picked up at Jocelyn or St. Joseph Township offices, the Village of Hilton Beach office, Kentvale, Ambeault's and Kent's Corners, or go to www.saultstryders.com. For more information call the Jocelyn Township office at 246-2025, or email Jocelyn@soonet.ca.

Mountain View Trail, Jocelyn Recreation invites you to take a walk, run or bicycle on our trails, which are open to anyone at any time. Maps are available at the Twp. Office with trails of varying difficulty. Take part in our new Quest, a form of treasure hunt high-

lighting our natural, historical and cultural resources, which begins at the SS2 School where you obtain your map and instructions. Please remember to wear comfortable clothing and footwear. Come out and make a day of it!

THANK YOU

Thank you Ambeaults. The Royal Canadian Legion. Ladies Auxiliary to Br. 374 would like to express our thanks to Cheryl and Jay for all of the ways they help us throughout the year. Whether it is gift donations, selling tickets for us or advertising our events, they are always there for our community. Every place needs more people like them. Thanks so much.

The family of Vernon Allen would like to thank all those involved in the memorial service held on April 25th at Branch 374, Royal Canadian Legion, St. Joseph's Island.

We extend our appreciation to Rev. R. Goos, Rev. H. Hamilton, the members of Branch 374 who participated in the service and served the luncheon afterwards, the members of DYMENT Lodge A.F. and A.M. No 442 G.R.C. Thessaon who participated in the service and all members of both organizations who were so faithful in visiting our Dad. We also would like to thank Mom and Dad's friends and neighbours on the island for over 20 years of friendship and caring. The memories will remain with us always and brighten our days.

Many, many thanks to the "COMMUNITY QUILTING" group of Women who make these wonderful quilts out of a 'labor of love' and then donate them to 'needy' people. I happened to be chosen on Friday evening and was the receiver of a beautiful

"Light-house Quilt". THANK-YOU SO MUCH LADIES. It will come in very handy after May 19th.

Fred Smith

I would like to thank Heather Wyant for painting my front door at the restaurant. She painted it pink for Breast Cancer Awareness. Heather, you have no idea how much I appreciate what you did, also the number of people who came in and had no idea what it stood for, I was really surprised. I would like anyone who has been touched by cancer, no matter what kind, to come and sign the door. There are already signatures on the door. Again Heather, Thank You!

*Donna Morin
The Dry Dock Restaurant*

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The Island Clippings is pleased to publish personal Classified Advertising and Public Service Announcements, free of charge to Island residents, as a community service. Ads or announcements for non-residents, businesses, or items or services to be sold for profit will incur a nominal charge of \$10. plus GST.

Ads or announcements will appear in one issue, but may be repeated upon request, to a maximum of three consecutive weeks. To ensure space for everyone, please limit your content to a maximum of 50 words,

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Ads can be placed by:
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WHAT'S HAPPENING ON ST. JOE

Friday 22	Hens & Stitches, Dr. Trefry Centre - 10 am to 12 pm Island Cast-a-Weighs, Calorie Watchers, Hilton Community Hall (rear door, basmt) - 8:30 am Friday Foods Menu available at the Legion - 5 pm to 9 pm AA Meeting, United Church (new addition, side door) - 8 pm
Saturday 23	Nordic Walking Group, meet at Tranter Park - 10 am Childrens Library - 10 am to 3 pm Hilton Union Public Library - 1 pm to 5 pm St. Joseph Twp. Public Library - 1 pm to 5 pm Free pool all day in the Legion lounge
Sunday 24	Pancake Breakfast - 10 am to 1:00 pm, Hilton Community Hall
Monday 25	Bridge, Dr. Trefry Centre - 1 pm to 5 pm (Open to all seniors) 60+ Exercise Program, Dr. Trefry Centre - 10:30 am Euchre, Legion Hall - 8 pm (\$3.00 per person) Carpet Bowling for Seniors, Legion - 1 pm Children's Library - 6 pm to 9 pm St. Joseph Twp, Public Library - 6 pm to 9 pm
Tuesday 26	Women's Physical Activities, Public School Gym - 6:30 pm to 8 pm Cribbage (singles), Legion Hall - 7:30 pm (\$3.00 per person)
Wednesday 27	Pool, Legion - 7:30 pm St. Joseph Twp. Public Library - 9:30 am to 12:30 pm Food Bank, United Church, Richards Landing (side door) - 1 pm to 3 pm Children's Library - 9 am to 12 pm Story time - 10:30 am Dr. Trefry Centre's Day Out Program - 9 am to 4 pm Hilton Union Public Library - 1 pm to 5 pm Bingo, Legion - Doors open 6:30 pm
Thursday 28	St. Joseph Twp. Public Library - 1 pm to 5 pm and 7 pm to 9 pm Dr. Trefry Centre's Day Out Program - 9 am to 4 pm Children's Library - 9 am to 12 pm Story time - 10:30 am 3 pm to 5 pm Darts at the Legion (Starting as Open; may change) - 7:30 pm

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